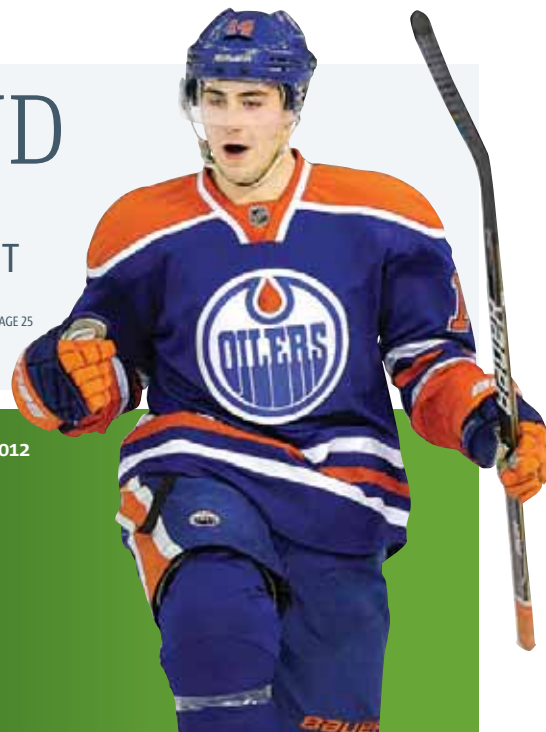


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## OKLAHOMA BOUND

IT'S BACK TO THE MINORS FOR OILERS JORDAN EBERLE, RYAN NUGENT-HOPKINS AND OTHERS, BUT THE YOUNG STARS SEE IT AS A CHANCE TO LEARN

PAGE 25



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Monday, October 1, 2012



News worth sharing.

# Khadr's Edmonton professor sees bright future for prisoner



Omar Khadr, seen here in this court sketch, is being held in Millhaven Institution west of Kingston, Ont., after his return to Canada on Saturday. An Edmonton professor who has been tutoring Khadr says she thinks he will do well when released back into Canadian society. THE CANADIAN PRESS

## Youngest inmate at Guantanamo Bay.

Convicted war criminal and child soldier returned to Canada on Saturday

**RYAN TUMILTY**  
 ryan.tumilty@metronews.ca

An Edmonton university professor who taught Omar Khadr in Guantanamo Bay believes he will excel once he returns to civilian life.

Khadr's return to Canada on Saturday came as a great relief to his Edmonton tutor, Dr. Arlette Zinck, a professor at King's College.

"We were waiting, hoping that the Canadian govern-

ment would follow through on its promise to bring him home."

Zinck made two trips to the prison, as part of a team working with Khadr to give him an education.

In 2010, Khadr pleaded guilty to throwing a grenade that killed an American soldier in Afghanistan in 2002. He was sentenced to eight years in detention, with an understanding he could apply to return to Canada.

Zinck said Khadr is a strong student and she expects he will make a smooth transition to civilian life when the parole board decides he is ready.

"There is nothing the young man wants more than to prove to Canadians that he is fully committed to making a positive contribution," she said. "I think he is eminently

capable of making a smooth and successful integration back into Canadian life."

Zinck said she doesn't know if Khadr has specific plans after his release, but she expects education will be a high priority.

"When he has been released, and when he is in a position to consider what his next move will be, I expect that education will be part of it."

Zinck said the lessons Khadr has been taking were focused on getting him ready for university. She said King's has committed to treating him like any other applicant and she would gladly recommend him.

"The King's commitment has been that, should he decide that he wants to study at King's, his application will be assessed like any other."

## Who's afraid of Big Brother?

Not this Edmonton woman, who is hoping to be locked up and stir-crazy on the first season of Big Brother Canada

PAGE 5

## Paws and reflect

T.S. Eliot knew all about the poetic possibilities of cats. A new book takes it a step further



PAGE 12

## European comeback

A last-ditch rally by the U.S. team was too little, too late as Europe's greatest golfers took home the coveted Ryder Cup

PAGE 25

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Oilers

## Katz apology needs action to follow: Councillor

Daryl Katz' public apology has soothed some hard feelings about his apparent dalliance with Seattle, but some city councillors are now looking for him to act like he's sorry, as well.

Katz apologized in two full-page newspaper ads this weekend for the



Daryl Katz  
GETTY IMAGES

Seattle trip, saying while was trying to reinforce a point.

"I did it because I am fighting for a deal that will

enable the team to stay in Edmonton — and not because I want them to be anywhere else."

Coun. Ben Henderson said the apology was nice, but he doesn't appreciate the suggestion council was ignoring him.

"To be accused of taking him for granted seems a bit rich."

Coun. Kerry Diotte said he wants actions now, most importantly he wants to see the Oilers' financials to be assured the team really needs public support.

"I have to know without a doubt, without a shadow of a doubt that his team needs it."

Ian Furness, a Seattle sports-radio host, said sports fans there won't be surprised to learn this was a ploy.

"It became kind of a non-story almost immediately here."

With Seattle working on a new arena, Furness said he thinks the Oilers may not be the last organization to tire kick.

"NBA, NHL we are probably going to be a pawn for other cities along the way as well."

RYAN TUMILTY/METRO



Officers stand guard at the Pillar of Strength memorial on the Alberta Legislature grounds, Sunday. Another plaque was added to the memorial, bringing the total to 97. RYAN TUMILTY/METRO

# Officers remember fallen colleagues

## Paying respect. Rod Lazenby latest name to be added to memorial

RYAN TUMILTY

ryan.tumilty@metronews.ca

Rod Lazenby's children and grandchildren watched with tears in their eyes Sunday, as hundreds of police officers and other mourners came to the legislature grounds to pay respect to him and the other 96 law enforcement officers the province has lost in the line of duty.

The annual police and peace officers' memorial day was marked with the ceremony at

the Alberta Legislature. Lazenby, a former RCMP officer, was working as a peace officer in the Municipal District of Foothills when he was killed on Aug. 10.

His daughter, Meghan McLean, said having so many officers and members of the public come out to remember her father was deeply comforting.

"It is wonderful to come and see them all come out and honour our dad."

She said her father was a devoted family man who loved his grandchildren and always came to their sports games.

"He loved to come watch his grandchildren and I know he will be missed every day," she said. "It has been very difficult; he was a big part of our lives."

### Pillar of Strength

- There are 97 names on the Pillar of Strength memorial, symbolizing the officers who have been killed in the line of duty since 1876.
- The memorial was unveiled in 2006 as a way to

mark those sacrifices.

- Officer Lazenby served with the RCMP for 36 years, working undercover on major homicide cases, before retiring from the Mounties in 2009 and starting work as a peace officer.

Solicitor General Jonathan Denis said it was important that Albertans never forget the sacrifices police officers make.

"Every day these police officers help keep us safe and we need to remember those that have paid the ultimate price for us."

McLean echoed those sentiments and said people need to respect the work police officers do.

"A lot of the time they feel that they are unappreciated and unrecognized, especially here at home. They are the ones that keep us safe."

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# Premier defends Alberta beef as recall list grows

## Producers worried.

Thousands of cattle have nowhere to go as XL Foods plant remains closed

Premier Alison Redford stood up for the safety of Alberta beef on Sunday, as the Canadian Food Inspection Agency made dozens of additions to its list of products potentially contaminated by E. coli.

"We want to assure people that the quality of the product that is coming out of Alberta is good and safe and healthy," Redford told reporters in Calgary after meeting with cattle producers.

Public safety is the top priority, Redford added, but the provincial government also wants to see the XL Foods plant in Brooks — which has a slaughter capacity of 5,000 cattle per day — reopened as soon as possible.

David Chalack of the Alberta Livestock and Meat Agency said each day that passes with the plant still closed is damaging to

## Quoted

**"I'm not going to use the word crisis. I'm not going to use the word critical — yet. But it's very concerning."**

David Chalack of the Alberta Livestock and Meat Agency

producers.

"I'm not going to use the word crisis. I'm not going to use the word critical — yet. But it's very concerning," Chalack said. Agriculture Minister Verlyn Olson said he is in regular contact with the federal government about the state of the plant. He said XL Foods was shut down due to a "series of issues" and that "any one of them may not have been enough to justify the closure of a plant but collectively (they) created some concerns."

The CFIA list of recalled products is now so long that consumers are being advised to inquire at the point of purchase whether the beef they're buying came from XL Foods.

ROBSON FLETCHER/METRO IN CALGARY



About 10,000 Edmontonians took to the streets Sunday morning for the Canadian Breast Cancer Foundation CIBC Run for the Cure. The annual event raised some \$1.7 million locally for breast cancer research. LUCY HAINES/FOR METRO

# The power of pink. Annual Run for the Cure brings 10,000 downtown

They came downtown Sunday morning as individuals, teams of friends and groups of co-workers — a sea of pink united for the annual CIBC Run for the Cure in support of the Canadian Breast Cancer Foundation (CBCF).

After the one-kilometre and five-kilometre run and walk was over, runners and organizers had raised \$1.7 million for breast cancer research.

Amanda MacDonald, with the CBCF, said more than 500 teams registered for the local run, showing the camaraderie and spirit that surrounds a breast cancer diagnosis.

"Cancer affects everyone: Our wives, daughters, sisters and grandmothers," said Lt. Rob Good of the Spruce Grove Firefighters, who have donned pink uniforms and run for the cause for the last five years. "And when the women in our lives are affected, we all are."

Running for the first time this year are fellow breast cancer survivors Carol Mattheizing, 48, and Susan Schmidt, 51, who met at the Running Room's survivor clinics that train for this event.

"My goal is to kick it, to run from it," said Mattheizing. "I'm

## Fighting breast cancer

- Last year, Canadians raised more than \$30 million at the Canadian Breast Cancer Foundation CIBC Run for the Cure. Money raised supports the foundation's goal of a future without breast cancer.
- The Run for the Cure is in its 21st year and in almost 60 communities, with more than 170,000 volunteers.
- In 2012, breast cancer is still the most common cancer in women over 20. This year, nearly 2,000 Alberta women will be diagnosed with breast cancer, which remains the second leading cause of cancer deaths in Canadian women.

thinking of all the women I've met and for the future women who will have to go through this too."

"The care has been amazing," added Schmidt. "I'm running to find a cure, so one day my kids won't have to deal with this." LUCY HAINES/FOR METRO



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# Getting in on the game

**Big Brother Canada.** Edmonton woman wants the fun, smarts and backstabbing this popular reality TV show has to offer

Being locked up in a house for weeks on end, competing with strangers for food, pride and, ultimately, money isn't for everyone.

But at least one Edmonton resident thinks she's a fit for the first-ever Big Brother Canada.

Taz Chhabu, who works in promotions for Rawlco Edmonton and is known to many as Tazly Taz from 102.3 Now Radio, travelled to Calgary to take part in an open casting call on Sunday for the reality TV show.

"I just think it would be super fun to be on that game," said the 27-year-old. "You watch it and you see all these people and you think (they're) all completely sweet, normal, nice people. And then they just go

## Audition process

- Online applications opened up Aug. 1 and will be accepted until Oct. 16.
- An open casting call was held in Vancouver Sept. 23, while there will be some in Halifax and Montreal Oct. 7 and one in Toronto Oct. 14.
- The show is set to air on Slice next winter.

and back-stab each other and then become completely different people, and play this game all cunning and so smart.

"I just want people to watch and go, 'Holy crap, she's capable of that?'"

Chhabu has been working on a "day-in-the-life" video she also plans to submit.

"I just have to make sure that I stand out more than anyone else there — but not too much because they don't want crazy, weird people," she said with a laugh. "It's a fine balance." **HEATHER MCINTYRE/METRO**



Taz Chhabu, familiar to Edmontonians as Tazly Taz on 102.3 Now Radio, has been doing all she can to generate hype, interest and support to get on Big Brother Canada. She travelled to Calgary to audition on Sunday. CONTRIBUTED

## Family confirms

### Local man found dead in England

A young Sherwood Park resident has been identified as the man police in England found dead at a recycling facility, according to his family.

Brent Elsey says his nephew, Garrett Elsey, had only been in the U.K. a few hours when police in Bristol found his body on Thursday morning.

A BBC report says police are still working to establish the circumstances surrounding the death, and that officers searched stops where trucks collected bins for the facility.

Elsey, 22, had recently completed a bachelor's degree in history and political science from Ottawa's Carleton University.

His uncle says Elsey was to begin a master's degree in international security in Bristol.

"It's been very, very devastating. It's a very extensive family," Brent Elsey said on Saturday.

**THE CANADIAN PRESS**

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Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

## Bids reach \$160K as woman auctions off her virginity

**Airplane encounter.** Proceeds will go toward poor families in Brazil

**TAKARA SMALL**  
takara.small@metronews.ca

A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level. Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct.

**Online**

- Visit [metronews.ca](http://metronews.ca) for a video about the auction.

15, and as of Friday bidding had reached \$160,000 US. Migliorini hopes to use proceeds from the tryst to help poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called *Virgins Wanted*, produced by an Australian film company. Bidding for Stepanov reached \$1,300 US.

## Comparisons between Trudeau, dad are tenuous, observers say

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeauania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely dif-



Liberal MP Justin Trudeau enters party caucus meetings on Parliament Hill, Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

**Quoted**

**"People want to make comparisons to the past, but things totally change."**

Nelson Wiseman, political science professor, University of Toronto

ferent era than his father.

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons

to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran.

THE CANADIAN PRESS

British Columbia

### Reporter will countersue former Olympics chief

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research.

Laura Robinson said Furlong intentionally misinformed the public about her professional ethics when he accused her of a shocking lack of diligence and having a vendetta against him.

After the story was published last week in the Vancouver weekly the Georgia Straight, quoting former students who alleged Furlong physically and mentally abused them, he denied the abuse allegations and said in a statement that his character had been recklessly challenged and that he would be taking legal action.

But Robinson said she repeatedly contacted Furlong's lawyer, and also sent six to eight emails to Douglas and McIntyre, the publisher of Furlong's book, *Patriot Hearts*.

THE CANADIAN PRESS

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# Convicted sniper felt like 'worst piece of scum' over shootings

**Sniper-style attacks.**  
Lee Boyd Malvo  
expresses remorse  
in rare interview

Convicted serial sniper Lee Boyd Malvo said in a newspaper interview published Sunday that the devastated reaction of a victim's husband made him feel like "the worst piece of scum."

Malvo expresses remorse in the interview with The Washington Post and urged the families of victims to try and forget about him and his partner John Allen Muhammad so they can move on.

Tuesday marks the 10th anniversary of the beginning of the deadly spree in the Washington area carried out by Malvo and John Allen Muhammad.

The pair has been linked to 27 shootings across the country, including 10 fatal

attacks in the Washington area.

Malvo, 27, told the Post in a rare interview that the look on the face of victim Linda Franklin's husband right after she was shot stands out in his memory of the rampage.

Franklin, a 47-year-old FBI analyst, was killed as she and her husband loaded supplies outside a Home Depot store in Falls Church, Va.

"They are penetrating," Malvo said of Ted Franklin's eyes.

"It is the worst sort of pain I have ever seen in my life. His eyes .... Words do not possess the depth in which to fully convey that emotion and what I felt when I saw it. ... You feel like the worst piece of scum on the planet."

Malvo, who was born in Jamaica, was 17 when he went on the cross-country killing spree with Muhammad. Malvo is serving a life

sentence with no parole in Virginia. Muhammad was executed in Virginia in 2009.

The sniper-style attacks all but paralyzed the U.S. capital, as people were shot at random while going about their everyday life — pumping gas, buying groceries, and for one young boy, as he went to school.

The shooters used a high-powered rifle, firing from the trunk of a modified Chevy Caprice until they were tracked down at a Maryland rest stop.

Malvo also repeated previous assertions that he was manipulated by the older Muhammad.

But he acknowledges: "I was a monster."

Malvo has declined to respond to many media requests, including letters from The Associated Press. He was interviewed in 2010 for a cable TV special.

THE ASSOCIATED PRESS



Lee Boyd Malvo being escorted from court in 2003 after his preliminary hearing in Fairfax, Va. THE ASSOCIATED PRESS

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# CRA uncovers millions in unpaid GST: Documents

**Taking advantage.** Credit-check project targeting 439 firms reveals weaknesses in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost \$3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd. Banks and other financial

## IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers, telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part

of a wider effort to flush out some of the estimated \$35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS



## 80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday as people protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that includes high taxes on the wealthiest, but which critics say lacks fundamental reforms that could jump-start economic growth. MICHEL EULER/THE ASSOCIATED PRESS

## 'Quick refreshment'

### Tim Hortons cracks top 5 in U.S. food-chain survey

The iconic Canadian purveyor of "double-double" coffees ranks among the top five in Zagat's latest survey of fast-food chains in the United States.

Tim Hortons was voted fifth-best overall in the "quick refreshment" category.

The chain, based in Oakville, Ont., held the same spot for "top decor" and "top service," too.

THE CANADIAN PRESS

## Crime

### Irving Oil charged with price fixing

Criminal charges have been laid against Irving Oil and a senior company executive for alleged price fixing at gas stations in three Quebec cities.

The federal Competition Bureau says three charges of conspiracy are being laid against the New Brunswick-based company.

THE CANADIAN PRESS

# Users could wait up to 60 days for BB10 keyboard



RIM's first set of phones running the BlackBerry 10 operating system will have touchscreen keyboards, but not physical ones. The Qwerty version will come out about "30 to 60" days later. DAVID FRIEND/THE CANADIAN PRESS FILE

Hardcore BlackBerry lovers might have to wait up to two months after the release of the BlackBerry 10 touchscreen device to get their hands on one with a physical keyboard, a strategic play by Research In Motion that analysts say reflects what customers want.

RIM chief executive Thorsten Heins, who had already indicated a touchscreen model would launch first, said Friday that the keyboard version — known in the tech community as Qwerty — will come about "30 to 60" days later.

Heins said the company

## Quoted

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard."

RIM CEO Thorsten Heins

needs to gain market share in the touchscreen segment, especially to address a trend in which employers are allowing staff to use their preferred smartphone for work.

"People ... and enterprises love a full touch device, and, you know, we had to make a choice and finally we decided

really to bring both versions to market very, very close to each other," he said in an interview with MSNBC.

"The BlackBerry lovers, the hardcore BlackBerry lovers, they love this physical keyboard ... so, make no mistake, we are fully, fully committed to Qwerty."

The physical keyboard is popular with BlackBerry business users, and the company — in its advertising — has positioned that as an advantage over Apple and Android phones that rely solely on touchscreens.

The new detail about the closely watched BB10 launch, slated for some time in the first quarter of next year, comes as RIM stock shot up 8.1 per cent following a much less disappointing than expected second-quarter earnings report.

THE CANADIAN PRESS

## Mea culpa. Apple CEO apologizes for map app

Apple CEO Tim Cook apologized Friday for the company's error-ridden new mobile map-

ping service, pledging to improve the application installed on tens of millions of smartphones and, in an unusual mea culpa, inviting frustrated consumers to turn to the competition. In a letter posted online Friday, Cook said Apple "fell short" of its own expectations.

"Everything we do at Apple is aimed at making our products the best in the world. We know that you expect that from us, and we will keep working nonstop until Maps lives up to the same incredibly high standard," Cook said.

THE ASSOCIATED PRESS

## New standards. StatsCan to revise economic history

Statistics Canada is about to retell the country's economic history for the past 30 years in a new move that will also provide more insight into murky economic concepts.

Starting Monday morning, the federal data agency will issue a comprehensive revision to economic data of the past 30 years, introducing new measures and changing the definition of others.

The exercise — two years in the making, and designed to comply with revised international standards of eco-

nom measurements set out in 2008 — will put Canada in the forefront of nations, along with Australia, in adopting the new way of measuring economic performance.

Others have pledged to follow: the United States in 2013 and Europe in 2014.

Some gross-domestic-product numbers will likely move marginally up, in part because research and development will be capitalized, and some services will be added to the export tally.

THE CANADIAN PRESS

## Recovery. Data shows a sluggish U.S. economy

Anyone puzzled by the most recent U.S. economic data has reason for feeling so: The numbers sketch a sometimes contradictory picture of the economy.

We've learned that consumers are more confident, but aren't spending much. Fewer people are losing jobs, but not many are being hired. Home and stock prices are up, but workers' pay is trailing inflation. Auto sales have jumped, but manufacturing is faltering.

This is what an economy stuck in a slow-growth rut can look like, and it's a focal point of the presidential campaign.

The U.S. economy grew at a scant 1.3 per cent annual rate in the April-June quarter — too weak to reduce high unemployment.

Many Americans are reducing debt instead of spending freely. Builders are borrowing less and constructing homes at a modest pace. Businesses are being cautious about hiring and expanding. In the long run, reduced debts and rising home and stock prices will help rebuild household wealth, boost consumer spending and spur job growth. But it's taking time.

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# OPEN LETTER DOESN'T BEGIN TO TELL THE STORY



**URBAN  
COMPASS**  
Terence Harding  
edmonton@metronews.ca

I have done my best to keep from writing about the downtown arena. But it is the story that refuses to die. It just gets more and more curious.

Unless you have been living under a rock, you are aware of Kubla Katz's open letter that was published on Saturday.

Communication of any kind from His Highness is so rare, the rather mundane and hackneyed device of an open letter led the news in many media outlets.

I am surprised he used a paper that is losing both its subscriber and revenue base and is less and less a force in shaping the life of this city. However, given that at least one writer at the same paper seems to want to act as his apologist, maybe I shouldn't be surprised.

I have to wonder, though, why there was no nod to social media.

An actual videotape of Conqueror Katz apologizing on

## Show, don't just tell

An actual videotape of Conqueror Katz apologizing on YouTube might have made an interesting adjunct to the letter. At least we would have been able to see if there was even a scintilla of sincerity in what he was saying.

YouTube might have made an interesting adjunct to the letter. At least we would have been able to see if there was even a scintilla of sincerity in what he was saying. Even a tweet saying "Sorry, folks" would probably have generated just as much publicity.

I am not so much interested in what the letter said as in its tactical effectiveness.

I have to wonder what sparked him agreeing to such an approach.

Surely it didn't come as a shock that Edmontonians are more than a little annoyed at King Katz. It wouldn't have taken a poll to discover that.

Perhaps it was the quick reaction to his playing the I-will-move-the-team card that made Duke Daryl and whoever is doing such a poor job of advising him on his communications realize he actually had to say something.

Katz's acknowledgement that he is not much of a communicator is disingenuous at best.

He is not a communicator, period. From Day 1, he probably would have garnered some support from the public for his position if he had actually told the public what his position was instead of trying to do a backroom deal.

Again, I have to wonder who advises the prescription drug lord about what he should and shouldn't say.

There are two possible reasons for his complete absence of public engagement.

The first is that his communications people just aren't very good.

The second is that Katz doesn't listen to anyone, much less take their advice.

# Foam's up, dude!



CHRIS GARDEN/SOLENT

## Karitane, New Zealand

**Brave surfer taking in murky waves caught by photographer**

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO



## Causes of sea foam

**Foam caused by dead algae**

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms whipped up by high gales. It eventually builds up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

## Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden, of Dunedin, New Zealand  
Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

## Online

For the latest news, visit [metronews.ca](http://metronews.ca)



# Penny antics add up for food bank

## News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

The residents of retirement residence Rutherford Heights sure know how to make every penny count.

And that is exactly what

they did on Sept. 9 to raise money for a local food bank.

With the Paying Homage to the Penny campaign, the residents, together with several All Seniors Care facilities across Canada and local community members, collected pennies to help combat local hunger.

The campaign ended on Sept. 9 — also Grandparents' Day — with a 1940s-themed afternoon celebrating grand-

parents and the penny campaign.

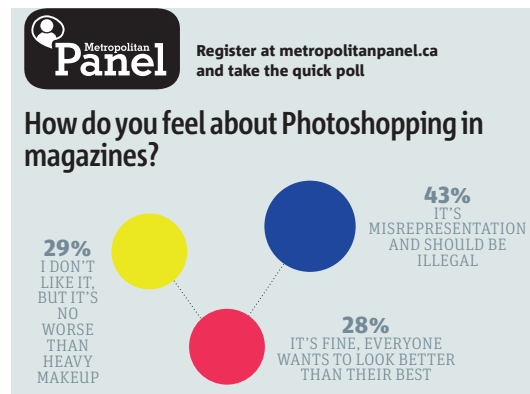
The celebration featured swing music, penny candy and penny-themed games. Rutherford Heights personally raised a total of \$359.50 from this event — and \$213.50 was all from pennies.

That's a total of 56 kilograms (or 123 pounds) of pennies. Talk about making change!

CRAIG AND MARC KIELBURGER

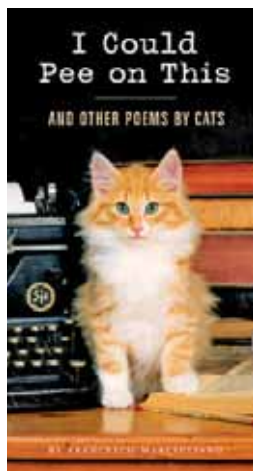
Craig and Marc Kielburger are founders of international charity and educational partner Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved.

Help the good news get around. Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we'll share them right here.



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# 2 SCENE



**Literature.** In his best-selling book, *I Could Pee on This: And Other Poems by Cats*, Francesco Marciuliano decodes a kitten's mind

ROMINA  
MC GUINNESS  
scene@metronews.ca

**What made you want to decipher cat's thoughts?**  
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

**But why not fish or dogs?**  
I grew up with cats, a dog,



Call this guy William Shakespaw / THINKSTOCK

## ***I Could Pee on This***

Her new sweater  
doesn't smell of me  
I could pee on that  
She's gone out for  
the day and  
left her laptop on  
the counter  
I could pee on that  
Her new boyfriend  
just pushed

my head away  
I could pee on him  
She's ignoring me  
ignoring her  
I could pee  
everywhere  
She's making up for  
it  
by putting me on  
her lap  
I could pee on this  
I could pee on this

## ***I Lick Your Nose***

*I lick your nose  
I lick your nose  
again  
I drag my claws  
down your eyelids  
Oh, you're up?  
Feed me*

## ***Who Is That On Your Lap?***

THERE'S ANOTHER CAT IN THE HOUSE  
A CAT I'VE NEVER SEEN  
A MUCH YOUNGER CAT  
YOU SEEM TO KNOW HER NAME  
YOU ACCIDENTALLY CALLED ME BY HER NAME  
RIGHT IN FRONT OF THE LAMP  
AND MY FRIEND THE THROW PILLOW  
I'VE NEVER BEEN SO HUMILIATED  
I MAY NEVER LOVE AGAIN

a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

**What makes a cat's thoughts more intriguing than say, a dog's?**

Dogs have a very rich exterior life and cats have a very rich

interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7.'

You spend a lot of time going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

**What valuable life lessons can humans learn from their pet cats?**

People who don't like cats see them as arrogant creatures, when in reality it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

**Sounds like cats would be good at giving us relationship advice.**

Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

**Do you think cats would make good humans?**

Yes I do. Unlike what people think, I don't think they would be emotionally distant.



Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona

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Emily VanCamp at the Entertainment Weekly and ABC Upfronts Party in New York on May 12. CHARLES SYKES/THE ASSOCIATED PRESS

# Getting even with Emily VanCamp

**Revenge.** Actress embraces popularity of her ABC series but avoids being in the spotlight off set.

What a difference a year makes.

This time last year, Emily VanCamp was hoping and praying her ABC series *Revenge* would be a success. It was — and regularly won its time slot.

Now she's gearing up for the show's second season, which premiered last night.

"I was wondering what was going to happen with the show and, oh gosh, I remember just trying to repress the stress so much," VanCamp said in a recent interview. "You just want to focus on the work and not pay too much attention to all that stuff, but you're putting so much of yourself into it, and the fact that it all paid off and that it did so well has been kind of extraordinary. It's been a crazy year to say the least."

VanCamp plays Emily Thorne, a young woman out to get even for her father's death. She infiltrates a

wealthy community in the Hamptons to take down the people who betrayed her family.

Like her character, 26-year-old VanCamp is a private person who prefers to remain a bit of a mystery to the public. She doesn't like to talk about her personal life (although she's rumoured to be dating her *Revenge* co-star Josh Bowman) and says she's trying to come to terms with the public's interest in her life now that she has a hit TV show.

"We live in a time where the media is a very difficult thing to navigate because it's everywhere, and I tend to want to be a lot more private with my life," she said. "I've managed to do that for 10 years in this business."

"I've found a really nice balance, but this show is a different scale so ... I'm trying to figure all that out at the moment but ... some of the actors that I admire the most do have an element of intrigue. You don't know everything about them. It's very important to be able to distinguish the actors from the characters they play."

One thing VanCamp is getting used to as a leading lady is being sleep deprived.

"I'm exhausted almost all

## Quoted

**"It's very important to distinguish the actors from the characters they play."**

**Emily VanCamp**  
On admiring celebrities that retain an element of intrigue

the time," she said. "I keep saying I'm weirdly preparing myself for motherhood because once you can get ahold of this sleep deprivation thing I think you have a leg up. And I'm definitely sleep deprived."

VanCamp also has adjusted to her high-profile role in *Revenge* by seeing herself as part of an "incredible" cast.

"I think it's really interesting to say 'My show' or 'I'm a lead of it' because it is such a collaborative thing ... but I am definitely there all the time," she laughed.

"I'm excited by challenging myself physically and mentally every day. That's what keeps me going and makes me love what I do so I really can't complain about it." She pauses then says: "I complain sometimes. I'm not gonna lie."

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# We are family: Elle Varner's breakout album draws from her nearest and dearest

## Perfectly Imperfect.

Kudos from Michelle Obama and a nomination for best new artist at the Soul Train awards have launched young R&B star to new heights

Elle Varner may be R&B's rising star, but she already has fans in the White House.

While at the Democratic National Convention, first lady Michelle Obama said she's become a fan of Varner, thanks to her eldest daughter Malia's heavy rotation of her music at the executive mansion.

The singer-songwriter called the presidential praise the utmost honour.

"I just couldn't believe it," Varner said in an interview last week from Richmond, Va. "I was so proud of the fact that, like, I made this album that not only a 14-year-old girl can appreciate, but her mother as well."



R&B singer Elle Varner posing at the 2012 BET Awards in Los Angeles, in July. JORDAN STRAUSS/THE ASSOCIATED PRESS

Varner's album, *Perfectly Imperfect*, debuted at No. 4 and No. 2 last month on Billboard's 200 and R&B/Hip-Hop albums charts respectively. She's on a U.S. tour, her single

*Refill* is a Top 10 R&B hit, and she's nominated for best new artist at the Soul Train Awards.

"I didn't really see myself as being on that radar yet," she said of the nomination, which

pits her against J. Cole, Robert Glasper and Emeli Sande. "It was really just showing me that, 'OK, so you have reached that next step in your career where you're now being con-

## Quoted

**"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God, that's a big deal.'"**

**Elle Varner**  
On growing up among some of music's biggest stars.

sidered in these categories, like this is really real."

The twentysomething's foray into music was almost inevitable as the daughter of a background singer for Barry White and a songwriter for Diana Ross and The Temptations. As a child tagging along with her parents, Varner met legends from Chaka Khan to Ray Charles to Bill Withers at recording studios and on tours.

But the singer didn't realize how much those experiences were shaping her.

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God,

that's a big deal," recalled Varner, who graduated from The Clive Davis Institute of Recorded Music at New York University in 2008. "So, I think ... it gave me the confidence that I could easily be in this business."

Varner is putting her family's musical skills to use on her debut album: Her father, Jimmy Varner, produced and wrote for the project, and her mother, Mikelyn Roderick, backs Varner on several songs. And the music video for her latest single, the R&B jam *I Don't Care*, was inspired by Varner's white grandmother from Sweden, who was expelled from the University of Maine in the 1960s for dating her grandfather, a black man from Alabama (they were married for 52 years).

"It's a really beautiful representation of what it looks like when people really love each other and they don't care what outside people might think," she said of the video, which features same sex and interracial couples.

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# Killer windpipes centre stage on Battle Born

## The Killers.

Frontman Brandon Flowers opted to take singing lessons for latest album, despite his undeniable talent

He's obviously a professional singer, but The Killers frontman Brandon Flowers still thought it was a good idea to take voice lessons before hitting the studio to record the band's new album.

"It seemed like the right thing to do," he said in a recent interview. "I wanted to

be better, get better and it's just helped me. ... (My voice teacher) knows what my ambitions are and he knows there's a certain style and something I've already got going on. We're just trying to fine-tune a few things."

The 31-year-old added that he's "not trying to be an opera singer or anything."

Dressed in a leather motorcycle jacket, with close-cropped hair, the rock singer embodies the stage presence of an old-time crooner along the lines of Frank Sinatra or Tony Bennett. And while Flowers lists both icons as major influences, glam rocker David Bowie sits at the top of the heap.

"In the beginning I was obsessed with Ziggy Stardust and Hunky Dory and you've got some weird interpretations of that from some dude in Las Vegas," Flowers said. "That's not there anymore. I don't feel like that anymore. I still love that music, but it just changes as you get older I guess."

He showed off his voice when honouring the late Andy Williams with a version of Moon River on Wednesday night, and it's heard all over



The Killers' fourth album debuted at No. 3 on the Billboard 200 albums chart last week. GETTY IMAGES

Battle Born, the band's fourth album that debuted at No. 3 on the Billboard 200 albums chart last week. But Flowers insists his maturity as a vocalist hasn't affected the core sound of the band, known for the hits Mr. Brightside and When You Were Young.

"We try to take a little bit of Las Vegas with us everywhere we go," he said of the group, which kicks off a world tour Oct. 26 in Glasgow, Scotland.

THE ASSOCIATED PRESS

## Quoted

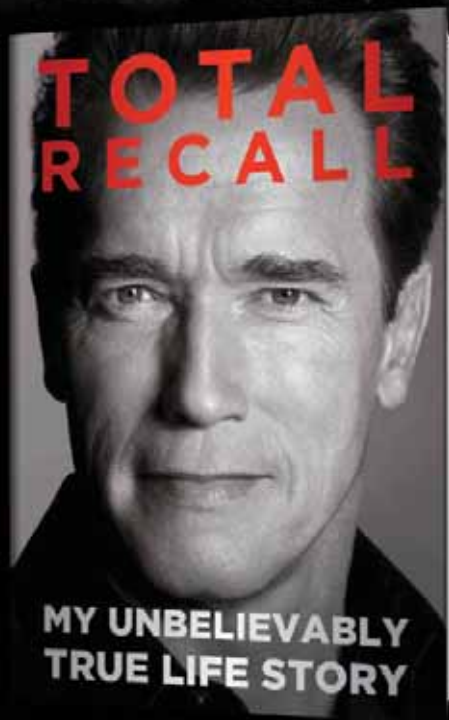
"I feel sorry for young guys now that love rock 'n' roll and are struggling to find a home."

Brandon Flowers

On rock's struggling role in today's mainstream music scene.

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Ashton Kutcher. ALL PHOTOS GETTY IMAGES

## Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to *Us Weekly*.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for

five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film *The Angriest Man*.



Anne Hathaway.

## Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to

Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources says there were about 180 guests in attendance.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Shots fired as violence erupts at BET Hip-Hop Awards



THE WORD  
Dorothy Robinson  
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual

awards ceremony.

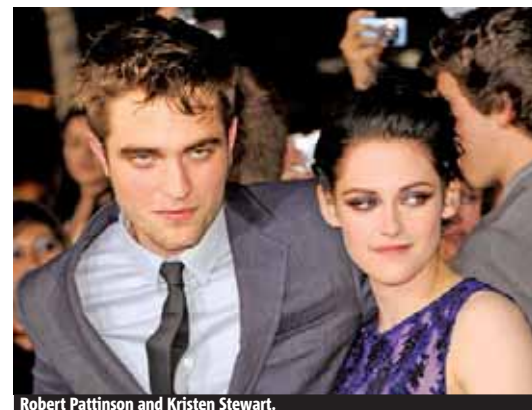
Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.



Robert Pattinson and Kristen Stewart.

## Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to *Hollyscoop*.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals

think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote *Breaking Dawn*."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."

### Twitter



#### @kelly\_clarkson

So I recently started acupuncture and yoga ....next thing you know I'll be going to coffee shops and writing in a journal Whatever works



#### @ZacharyQuinto

if you don't want to listen to a liberal gay marriage supporting actor type... then don't.



#### @JonahHill

My feelings are more important than yours



#### @Joan\_Rivers

There's a woman with a rare condition who must eat every 15 minutes to maintain her 60-pound frame. How sad...that she's not contagious.

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Innovative

## New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMY-MUMMYCLUB.CA**

Flushing

## Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

## Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

## Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

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# Are you just keeping them safe or helicopter parenting?

## Polar opposites.

Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL

yummymummyclub.ca

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy,



Following your child's school bus could affect her confidence. ISTOCK

"I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million

other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives?

Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my) kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter.

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# A fever? Keep cool, calm

DR. KIM FOSTER

yummymummyclub.ca

Your child is burning up. What do you do?

## Taking a temperature

Taking an accurate temperature is essential. Get yourself a good digital thermometer and learn how to use it.

## Managing a fever

A helpful guideline to keep in mind is this: Treat the child, not the reading on the thermometer. Light cotton pajamas will allow excess body heat to escape.

Drinking plenty of cold liquids will help cool and prevent dehydration. If you've done your best and your little hot potato is still uncomfortable, go ahead and give medication. Your options include acetaminophen (Tylenol, Tempra) and ibuprofen (Advil, Motrin).

## When a fever becomes complicated: febrile seizure

Witnessing your child having a febrile seizure can be terrifying. It's important to remember that the seizure itself is harmless. A febrile seizure won't cause brain damage or any other serious health consequences. If you suspect a seizure, act

quickly to prevent injury. Place your child on a flat surface away from dangerous objects. Turn him on his side to allow vomit or saliva to drain, but don't restrain him. Don't put anything in his mouth. Most febrile seizures last less than one minute. If the seizure lasts longer than three minutes, or if your baby is less than six months old, you should call 911. Otherwise, visit your doctor within a few hours to rule out factors that might have triggered the seizure.

## See your doctor if:

The child with the fever is less than six months old; the fever is (over 39.4 C or 103 F) in a



Knowing how to use a thermometer is important. ISTOCK

child older than six months of age; the fever lasts longer than 72 hours; there are signs of dehydration such as dry mouth

and tearless crying.

With a logical and calm approach, you and your kiddo will get through the fever.

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## The In-Credibility Factor

**Name:** Dave Hale  
**City:** Ottawa  
**Age:** 24  
**Occupation:**  
 Soshal Group Partner  
 and CEO



THE IN-CREDIBILITY  
 FACTOR  
 Teresa Kruze  
 life@metronews.ca

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

**I knew I was on my way when...** I signed my first six figure client and I realized I wouldn't have to go to my parents any more and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really



Dave Hale PROVIDED

focused on how we can take the people who have already invested in us and help them move higher.

## Action Plan

- Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

- Be open. We met some of our largest clients in the most obscure ways —

like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

- Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

# Climbing up the ladder to a longer life?

**Take a breather, you're the boss.** A sense of control and power may lead higher ups to feel less high-strung

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent concerns and interests" was one example of a statement in the inventory.

In their introduction, researchers wrote that they suspected leaders have lower stress levels because of the "psychological resources that leadership affords." They wrote of how holding a leadership role boosts one's sense of control, known to have "a stress-buffering effect."

Researchers also cited the work of Stanford neuroscientist Robert Sapolsky which associated higher social rank with lower cortisol in non-human primate species.

Studies of humans have also linked higher employment rank to better health, they wrote.

Study 1 found that those who identified as leaders had lower cortisol levels and



You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

High-ranking leaders might be responsible for personally managing a large number of people, might have many subordinates — including those who don't report directly to them — or might be given great authority and autonomy to make decisions regarding subordinates, researchers wrote. To capture different forms of leadership, researchers assessed leadership level by authority, the number of subordinates and the number of people who directly reported to them.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

Interestingly, those leaders with fewer subordinates were found to have greater anxiety and higher cortisol levels. Lerner said there are likely multiple reasons why those particular leaders were found

to be more stressed. But one of the key findings researchers identify relates back to the sense of control.

"When you have a sense of control, then it reduces stress hormone secretion," she said.

Lerner said one of the most promising aspects of their research is an understanding not only that there's lower stress among higher-ranking leaders, but also the reasons why, allowing them to design interventions that improve people's sense of control.

THE CANADIAN PRESS

## A president's P.O.V.

In a recent Vanity Fair profile, U.S. President Barack Obama offered some insight into his decision-making process

- "You'll see I wear only gray or blue suits," Obama told the magazine. "I'm trying to pare down decisions. I don't want to make decisions about what I'm eating or wearing. Because I have too many other decisions to make."
- Plotnick said the example illustrates the ability of leaders to focus energy on where they're going to make a difference.

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# Is your office a bit too close to home?

**Temptation to slack off.** Make sure your home office space is set up to maximize professional potential

Working from home has its advantages and disadvantages. The short commute, the relaxed dress code and flexible work hours are all appealing benefits. But one of the greatest challenges of working from home is making it seem that you are not. Here are some tips to help turn your home space into a work space:

## Your site

Websites are often the first introductory point of a new business, so make sure you have a clean, professional site with your own domain name and workplace email address. Avoid using "free" sites that are bombarded with other company's advertisements; this can be very off putting to potential new clients. If you are not a skilled graphic designer, consider using a clean website-design template with



Yes you can roll out of bed to your desk, but is this truly the best idea for your business? ISTOCK

basic, but necessary information.

## Your phone line

It can be difficult to conduct a client call when the kids are picking up the handset to make their own calls and

a telemarketer is calling on the other line. To avoid these distractions, consider a dedicated business phone line with a distinctive tone separate from your home phone. Take advantage of your existing high-speed

Internet connection and use a voice over IP phone system. A sleek VoIP device like the Ooma Telo will save you money on the cost of a second line.

## Your space

Whenever possible, have a separate room for your home office with its own door. This is especially important if you plan to host regular client meetings.

Make sure the room is located far from busy areas of

## Mail mix up?

## Address to success

- Differentiate your home address from your work address. Consider using a post office box if you don't want clients knowing you work from home. Alternatively, you could add a 'suite' number to your home address to help separate your business mail from your regular mail.

the house, like the kitchen and family room, to avoid excessive noise and distractions.

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# Girls are doing grape

**The women of wine.**  
Are ladies achieving greater success with libations than their male competition?

In 1978, the first year that Cathy Corison made wine, she could count on one hand the number of women she knew

of doing the same kind of work in the cellars of the Napa Valley. Without using all her fingers.

Thirty five years later, Corison needs a lot more fingers. Winemaking remains primarily a man's world, but research by Santa Clara University professors Lucia Albino Gilbert and John Gilbert has found that nearly 10 per cent of California wineries now have women as

the main or lead winemaker.

Their second finding: Women winemakers tend to be more highly acclaimed than their male counterparts.

Why? Hard to say — and that's not a question the Gilberts attempt to answer in this study — but it may have something to do with persistence. It takes the same effort and skills for a male or female winemaker to succeed, but women

can face additional challenges achieving success in a male-dominated field.

"I think women winemakers had to be really determined and really passionate and still do," says Corison, named 2011 Winemaker of the Year by the San Francisco Chronicle.

An academic psychologist who has studied women's career paths, Lucia Gilbert



**Winemaker Cathy Corison studied biology, but "fell in love with wine when I was a sophomore." She says she was smitten by "all the usual reasons, it's delicious, you share it with friends, it makes food taste better and vice versa."** ERIC RISBERG / THE ASSOCIATED PRESS

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became interested in women winemakers. With little information available on the subject, she put together a comprehensive list of the 3,200-plus winemakers in California, identifying the women and developing the website, Women Winemakers of California.

The total of women winemakers came to 9.8 per cent, below the 15 to 20 per cent the Gilberts expected. It's easy to see why she overestimated.

After all, some of the most famous winemakers ARE women, such as Heidi Barrett, who worked for the 'cult' winery Screaming Eagle. Among other kudos, the winery is known as home of a six-litre bottle of the '92 vintage that sold for \$500,000 at the 2000 Napa Valley Wine Auction.

So, the researchers came up with a new question — are women winemakers achieving disproportionate levels of success?

Quantifying winery acclaim is a slippery business, but the Gilberts went at it by using the listing of wineries from the 2010 reference work Opus Vito, which includes about 4,000 wineries in the world identified as noteworthy by wine critics and wine writers who worked with the book's editor-in-chief, Jim Gordon.

The results: 23 per cent of California wineries with women winemakers made it into Opus Vito compared to 14 per cent of wineries with male winemakers.

Gordon, former managing editor of Wine Spectator magazine and currently editor of

### Difference in the drink

#### Are there differences between women and men winemakers?

- Winemaker Cathy Corison used to resist that idea "with everything I had. Because differences have always been against women."
- But after years of working in the field she feels that there may be two differences. "There's pretty good evidence that women have perhaps better sensory abilities. So that's one issue. And, I believe that winemaking is all about details. So perhaps if there's a difference in attention to details? I don't know. I don't feel strongly about that."

Wines & Vines Magazine, was surprised by the Gilberts' findings. He and the other authors picked out top wines based solely on quality and without regard to the winemakers behind them, so "seeing our selections through the perspective of Dr. Gilbert's data was a kind of revelation."

But Gordon's not convinced that women winemakers are disproportionately successful compared to men given the 10 per cent baseline. "There is still a long way to go there," he points out.

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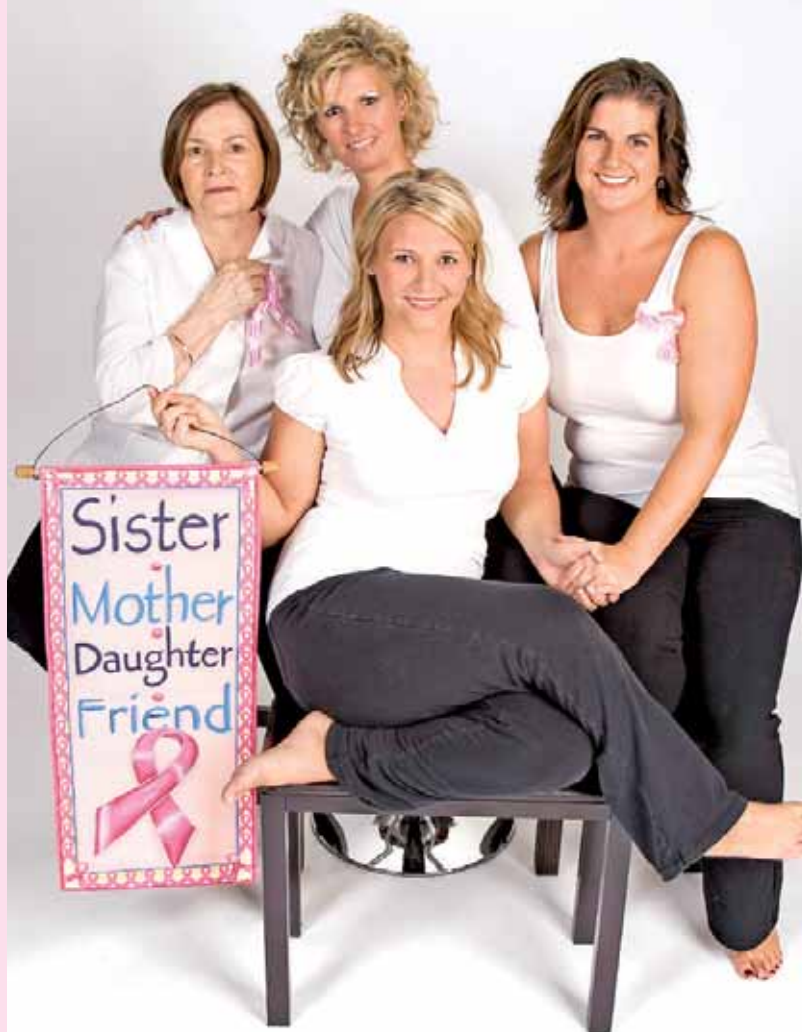
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Breast Cancer Awareness Month



# Metro thinks *pink*

## Study. Mammogram may up cancer risk in women with gene mutation

Mammograms aimed at finding breast cancer might actually raise the chances of developing it in young women whose genes put them at higher risk for the disease, a study by leading European cancer agencies suggests.

The added radiation from mammograms and other types of tests with chest radiation might be espe-

cially harmful to them and an MRI is probably a safer method of screening women under 30 who are at high risk, the authors conclude.

The study can't prove a link between the radiation and breast cancer, but is one of the biggest to look at the issue.

It was published Thursday in the journal BMJ.

THE ASSOCIATED PRESS



Mammogram. ISTOCK

## 'Co-survivors' play a lead role in recovery

**Lean on me.** The story of how a woman's 'tribe' have been there to support her

KATHY  
ULLYOTT  
Special to Metro Canada

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of "co-survivors" — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient's "tribe" helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and



Kate Kerr with son's Samuel, left, and Gabriel. CONTRIBUTED

mother of two small boys. After growing up in the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes

and radiation. "It's only now sinking in what my friends, work colleagues, have done for me," says Kate. "If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book."

On the next pages, we introduce you to Kate's "tribe" and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

## Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer. Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto, is

a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. "You can imagine the kind of adrenaline that flows in their body and the fear they have," she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. "It's a skill that you have to develop."

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. "It is one of those things that can change your

brain in a very positive way," she says of the exercise. "It can control the pain, it can control the stress, it can improve your immune system."

It's also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. "Your lifestyle is so very important. This is just another way of getting into a good lifestyle." BRIGITTE NOEL

## Mastectomy Wear for Fighters & Survivors

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## Exemplary women

## Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

**Dr. Alexandra Ginty, MD,** FacingCancer.ca blogger  
**Beverly Thomson,** co-host Canada AM  
**Bif Naked,** Canadian singer and songwriter  
**Catherine Brunelle,** FacingCancer.ca blogger  
**Cynthia Mulligan,** reporter and anchor, CityNews Toronto  
**Emily Duff,** LGFB teen testimonial  
**Heather Bunting,** LGFB workshop team leader  
**Dr. Jennifer Blake, MD,** MSc, FRCSC Sunnybrook Health Sciences Centre  
**Joan Michetti,** 20 Year LGFB volunteer educator and team leader  
**Johanne Robitaille Manouvrier,** FacingCancer.ca blogger and author  
**Katie Evans,** FacingCancer.ca blogger  
**Leslee Thompson,** President & CEO, Kingston General Hospital  
**Libby Znaimer,** VP News and TV host, Zoomer Media  
**Linda Kilburn,** LGFB cover model and testimonial  
**Linda Lewis,** editor-in-chief of MORE Magazine  
**Lisa Ray,** Canadian actress  
**Dr. Margaret Fitch, PhD,** MScN, Sunnybrook Health Sciences Centre  
**Dr. Marilyn Hundleby,** PhD, R. Psych, Clinical Psychologist  
**Sharon Coburn,** LGFB testimonial  
**Terri Wingham,** FacingCancer.ca blogger

## Exclusively online

Visit [metronews.ca](http://metronews.ca) for more Metro Thinks Pink coverage, including beauty tips and how-to information.



## 10 things you can do or say to help a friend with a cancer

## Tip No. 1

### Just be there

Phone or email regularly. Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day."

## Tip No. 2

### Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

## Tip No. 3

### Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

## Tip No. 4

### Get support yourself from other 'co-survivors'

At [facingcancer.ca](http://facingcancer.ca), cancer patients and their caregiving circles share experiences, advice, insight and strength.



ISTOCK IMAGES

# The centre of the



## Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?"

Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivels of my life!"



## Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, [facingcancer.ca](http://facingcancer.ca). "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do... what?... The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

## Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."





# circle



## John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."



## Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: *Anticancer: A New Way of Life* by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

ALL STORIES AND TIPS  
COMPILED BY KATHY ULLYOTT

## Andy Sanders, Kate's brother



Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steady rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."

### Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. [lgfb.ca](http://lgfb.ca).
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. [FacingCancer.ca](http://FacingCancer.ca)



### 'Things I Wish I'd Known'

## Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. *Things I Wish I'd Known: Cancer Caregivers Speak Out*, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

### Muse

## Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastectomy women. [lavieenrose.com](http://lavieenrose.com)



### Tip No. 5

## Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.



### Tip No. 6

## Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

### Tip No. 7

## Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

### Tip No. 8

## Don't judge her treatment choices

Or offer opinions (unless asked).

### Tip No. 9

## Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

### Tip No. 10

## Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on [facingcancer.ca](http://facingcancer.ca).



# An extra loud and tasty crunch



**ROSE REISMAN**  
for more, visit  
rosereisman.com

The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

## Ingredients

### Guacamole

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

### Chicken

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

### To Serve

- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

4. In bowl of food processor, combine tortilla chips, bread crumbs and chili powder. Process until crumbly. Dip the pounded chicken breasts in the egg and milk mixture, then into the tortilla crumb mixture.

## Tortilla Chip-Crusted Chicken with Guacamole and Salsa



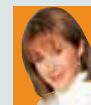
This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

## Healthy eating

### Choose it and lose it



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for more, visit  
rosereisman.com

Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

### Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat

People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.



### Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.



### Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat

Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.



## Chicken Pot Pie. Modern take on the classic dish



This updated recipe takes 10 minutes to prepare and about 50 minutes to cook, so it can be ready for dinner in a snap.

Make a double-crust pot pie by using a second pie shell; follow package directions for a double-crust pie.

1. Heat oven to 190 C (375 F). Remove pie shell from freezer and let thaw for 10 minutes. Meanwhile, defrost frozen vegetables in microwave, draining excess water.

2. Sauté onion. In a large bowl, mix chicken, vegetables, sautéed onion, garlic, soup and milk. Season with pepper.

3. Pour into pie shell; bake for 30 to 40 minutes or

## Ingredients

- 1 frozen pie shell
- 250 ml (1 cup) frozen mixed vegetables (corn, carrots, peas, beans)
- 50 ml (1/4 cup) finely chopped onion
- 500 ml (2 cups) cooked chicken breasts, chopped into 1-cm (1/2-inch) pieces, or leftover chicken
- 5 ml (1 tsp) minced garlic
- 1 can (284 ml/10 oz) cream of mushroom soup
- 125 ml (1/2 cup) milk
- Coarse ground black pepper, to taste

until crust is golden brown and filling is bubbling.

THE CANADIAN PRESS/TENDERFLAKE

# Fall calls for Creamy Chicken and Potato Casseroles

The combination of a chill in the air and the chaos of kids setting back into their school routine means many families are looking for easy, warming one-pot meals that come together quickly and with little mess or fuss.

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken.

Add a few vegetables and a creamy sauce made from pantry staples, and dinner's on the table in no time.

Some folks may turn up their noses at using cream-

of-anything soup in a casserole. But busy families have been turning to it for decades for three simple reasons — it works, it's delicious and it's effortless.

1. Heat the oven to 400 F.

2. In a 9-by-13-inch baking dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

3. Bake for 40 minutes, or until bubbling and the vegetables are tender.

THE ASSOCIATED PRESS

## Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS



## NHL

## Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. **THE ASSOCIATED PRESS**

## Figure skating

## Gold medallist Barbara Ann Scott dies at 84

Barbara Ann Scott, the only Canadian to win the Olympic women's figure skating gold medal, died today at the age of 84.

The cause of death was not known at press time.

Scott won Olympic gold at the 1948 Winter Games at St. Moritz, Switzerland. She was born in Ottawa in 1928.

Scott won the Lou Marsh Trophy as Canada's top athlete in 1945, 1947 and 1948. **THE CANADIAN PRESS**



Barbara Ann Scott at the 2006 Canadian Figure Skating Championships in Ottawa.

THE CANADIAN PRESS

# Nugent-Hopkins, Eberle go back to the minors

**AHL.** Young forwards plan to work on being more complete players during lockout stint with Oklahoma City

This certainly wasn't how centre Ryan Nugent-Hopkins envisioned starting the 2012-13 hockey season.

But with plenty of uncertainty surrounding the NHL lockout, the sophomore forward is doing what he can to make the best of a bad situation.

Nugent-Hopkins was one of many Oilers youngsters in attendance Sunday at the opening of training camp for the Oklahoma City Barons, Edmonton's American Hockey League affiliate.

"It's good with everything that's going on to still get a chance to play and stay in shape," Nugent-Hopkins said. "There are some things I want to work on."

"A big thing for me is I want to be a two-way centre. I take a lot of pride in my defence, and that's something I'm definitely going to be focused on."

Nugent-Hopkins sees his opportunity in Oklahoma City as a blessing in disguise, just as he does last season's shoulder injury.

"That first year I wanted to learn as much as I possibly



Edmonton Oiler Jordan Eberle, left, celebrates his goal on the Minnesota Wild with teammate Ryan Nugent-Hopkins last November. The two young NHL stars are starting the 2012-13 season with the Oklahoma City Barons, Edmonton's American Hockey League affiliate. **JOHN ULAN/THE CANADIAN PRESS**

could," he said. "It was a great learning experience."

"There were some positives from the injury. Watching the game from upstairs, I was able to see it from a different perspective."

Moving forward is also what right-winger Jordan Eberle is concentrating on.

"I've always been known as an offensive guy," he said. "That's not bad or anything, but I want to be known as a complete player."

"With the lockout, this is the next best option here in North America. They made it to the conference final last season, and we want to continue that success. The winning at-

## Young guns

- Nugent-Hopkins was among the top rookies last season, registering 18 goals and 34 assists despite missing 20 games with a shoulder injury.

- Eberle had 34 goals and 42 assists last season with Edmonton.

titude is great and something we want to take back with us to Edmonton."

Barons coach Todd Nelson wasted no time getting down to business Sunday. There was

no feeling-out process, instead, it was right to work on systems and schemes.

Nelson knew before the start of camp that Nugent-Hopkins and Eberle would be in attendance but realized quickly Sunday he'll have something special for however long the NHL lockout continues.

"Those are some highly skilled guys," Nelson said. "They've been impact players in the NHL."

"Obviously when they get here what that's going to do is raise the level of play for the rest of the guys. Right now they're out here working hard and having fun."

**THE CANADIAN PRESS**

## NFL

## Breaks go Falcons' way vs. Panthers

Matt Bryant kicked a 40-yard field goal with five seconds left and the Atlanta Falcons remained unbeaten, rallying past the Carolina Panthers 30-28 on Sunday.

The Falcons (4-0) are off to their best start since 2004, when they reached the NFC title game. Despite taking a career-high seven sacks, Matt Ryan threw three TD passes for Atlanta.

The Panthers (1-3) nearly clinched it on Cam Newton's run with just over a minute remaining, but he fumbled the ball while trying to dive for the necessary yardage. **THE ASSOCIATED PRESS**

## NFL. Packers overcome more ref controversy in victory over Saints

Aaron Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Green Bay Packers shook off a week's worth of controversy with a rally to beat the New Orleans Saints 28-27 on Sunday.

With Packers fans howling about what appeared to be yet another bad call — this time by the regular officials, not the replacements — Garrett Hartley missed a 48-yard field goal attempt with just under three minutes remaining, costing the Saints a shot at the lead.

Rodgers threw for 319 yards with four touchdowns and an

## By the numbers

# 47

Saints QB Drew Brees has thrown at least one TD in 47 straight games, tying the NFL's all-time mark set by Johnny Unitas.

interception for the Packers (2-2).

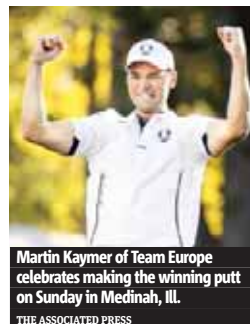
It was a sigh of relief for the Packers, who spent most of the week in the middle of a firestorm after a last-second call by replacement officials cost them a game at Seattle on Monday night. **THE ASSOCIATED PRESS**

## Golf. Ryder Cup slips away from U.S. on final day

Europe won the Ryder Cup, Sunday, completing a historic comeback from a four-point deficit to beat the United States.

Martin Kaymer delivered the crucial point with a one-up victory over Steve Stricker late Sunday in Medinah, Ill., and Tiger Woods missed from inside four feet to halve his match with Francesco Molinari. The Europeans finished with 14 1/2 points while the Americans had 13 1/2.

It was a brutal loss for the Americans, who were poised to win the Ryder Cup for only the third time since 1999 after taking a 10-4 lead midway through Saturday afternoon's matches. But the Europeans rallied to



Martin Kaymer of Team Europe celebrates making the winning putt on Sunday in Medinah, Ill.

THE ASSOCIATED PRESS

win the final two, then built on the lead by winning the first five matches Sunday.

**THE ASSOCIATED PRESS**

## Mobile sports



Qriket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

# 4 SPORTS

MLB

AMERICAN LEAGUE

| EAST DIVISION    |           |           |             |           |  |
|------------------|-----------|-----------|-------------|-----------|--|
|                  | W         | L         | Pct         | GB        |  |
| z-Baltimore      | 92        | 67        | .579        | —         |  |
| z-New York       | 92        | 67        | .579        | —         |  |
| Oakland          | 88        | 71        | .553        | 4         |  |
| Tampa Bay        | 88        | 71        | .553        | 4         |  |
| <b>Toronto</b>   | <b>70</b> | <b>89</b> | <b>.440</b> | <b>22</b> |  |
| Boston           | 69        | 90        | .434        | 23        |  |
| CENTRAL DIVISION |           |           |             |           |  |
|                  | W         | L         | Pct         | GB        |  |
| Detroit          | 86        | 73        | .541        | —         |  |
| Chicago          | 83        | 76        | .522        | 3         |  |
| Kansas City      | 71        | 88        | .447        | 15        |  |
| Cleveland        | 67        | 92        | .421        | 19        |  |
| Minnesota        | 66        | 93        | .415        | 20        |  |
| WEST DIVISION    |           |           |             |           |  |
|                  | W         | L         | Pct         | GB        |  |
| z-Texas          | 93        | 66        | .585        | —         |  |
| Oakland          | 91        | 68        | .572        | 2         |  |
| Los Angeles      | 88        | 71        | .553        | 5         |  |
| Seattle          | 73        | 86        | .459        | 20        |  |

**Sunday's results**  
Cleveland 15 Kansas City 3  
L.A. Angels 5 Texas 4 (1st game)  
N.Y. Yankees 9 **Toronto** 6  
Baltimore 6 Boston 3  
Detroit 2 Minnesota 4  
Tampa Bay 6 Chicago White Sox 2  
Oakland 5 Seattle 2  
Texas 8 L.A. Angels 7 (2nd game)  
**Saturday's results**  
**Toronto** 3 N.Y. Yankees 2  
Detroit 6 Minnesota 4  
Oakland 7 Seattle 4 (10 innings)  
Tampa Bay 10 Chicago White Sox 4  
L.A. Angels at Texas (ppd., rain)  
Baltimore 4 Boston 3  
Kansas City 7 Cleveland 6 (14 innings)  
**Monday's games — All Times Eastern**  
Boston (Buchholz 11-7) at N.Y. Yankees (Sabathia 14-6), 7:05 p.m.  
Chicago White Sox (H.Santiago 3-1) at Cleveland (Kluber 2-4), 7:05 p.m.  
Minnesota (Vasquez 0-2) at **Toronto** (Laffey 4-6), 7:07 p.m.  
Baltimore (W.Chen 12-10) at Tampa Bay (Cobb 10-9), 7:10 p.m.  
Detroit (Porcello 9-12) at Kansas City (B.Chen 11-13), 8:10 p.m.  
Texas (M.Perez 1-3) at Oakland (J.Parker 12-8), 10:05 p.m.  
L.A. Angels (C.Wilson 12-10) at Seattle (F.Hernandez 13-8), 10:10 p.m.  
**Tuesday's games**  
Boston at N.Y. Yankees, 7:05 p.m.  
Chicago White Sox at Cleveland, 7:05 p.m.  
Minnesota at **Toronto**, 7:07 p.m.  
Baltimore at Tampa Bay, 7:10 p.m.  
Detroit at Kansas City, 8:10 p.m.  
Texas at Oakland, 10:05 p.m.  
L.A. Angels at Seattle, 10:10 p.m.

SOCCER

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|                    | W  | L  | T  | Pts | GF | GA |
|--------------------|----|----|----|-----|----|----|
| x-Kansas City      | 17 | 7  | 7  | 58  | 39 | 25 |
| New York           | 15 | 8  | 8  | 53  | 54 | 44 |
| Chicago            | 16 | 9  | 5  | 53  | 42 | 36 |
| D.C.               | 15 | 10 | 6  | 51  | 48 | 40 |
| Houston            | 13 | 8  | 10 | 49  | 44 | 37 |
| Columbus           | 14 | 11 | 6  | 48  | 39 | 39 |
| Montreal           | 12 | 15 | 4  | 40  | 44 | 49 |
| Philadelphia       | 8  | 15 | 6  | 30  | 31 | 36 |
| New England        | 7  | 16 | 8  | 29  | 37 | 43 |
| Toronto FC         | 5  | 19 | 7  | 22  | 35 | 59 |
| WESTERN CONFERENCE |    |    |    |     |    |    |
|                    | W  | L  | T  | Pts | GF | GA |
| x-San Jose         | 18 | 6  | 7  | 61  | 65 | 39 |
| x-Real Salt Lake   | 16 | 11 | 4  | 52  | 44 | 34 |

NATIONAL LEAGUE

| EAST DIVISION    |    |     |      |    |  |
|------------------|----|-----|------|----|--|
|                  | W  | L   | Pct  | GB |  |
| z-Washington     | 96 | 63  | .604 | —  |  |
| z-Atlanta        | 93 | 66  | .585 | 3  |  |
| Philadelphia     | 80 | 79  | .503 | 16 |  |
| New York         | 73 | 86  | .459 | 23 |  |
| Miami            | 67 | 92  | .421 | 29 |  |
| CENTRAL DIVISION |    |     |      |    |  |
|                  | W  | L   | Pct  | GB |  |
| x-Cincinnati     | 96 | 63  | .604 | —  |  |
| St. Louis        | 86 | 73  | .541 | 10 |  |
| Milwaukee        | 81 | 78  | .509 | 15 |  |
| Pittsburgh       | 77 | 82  | .484 | 19 |  |
| Chicago          | 60 | 99  | .377 | 36 |  |
| Houston          | 53 | 106 | .333 | 43 |  |
| WEST DIVISION    |    |     |      |    |  |
|                  | W  | L   | Pct  | GB |  |
| x-San Francisco  | 93 | 66  | .585 | —  |  |
| Los Angeles      | 84 | 75  | .528 | 9  |  |
| Arizona          | 80 | 79  | .503 | 13 |  |
| San Diego        | 75 | 84  | .472 | 18 |  |
| Colorado         | 62 | 97  | .390 | 31 |  |

x-clinched playoff berth  
x-clinched division  
**Sunday's results**  
Philadelphia 4 Miami 1  
Cincinnati 4 Pittsburgh 3  
Atlanta 6 N.Y. Mets 2  
Houston 7 Milwaukee 0  
St. Louis 10 Washington 4  
San Francisco 3 San Diego 5  
Chicago Cubs 7 Arizona 2  
L.A. Dodgers 7 Colorado 1  
**Saturday's results**  
Pittsburgh 2 Cincinnati 1  
Milwaukee 9 Houston 5  
Atlanta 2 N.Y. Mets 0  
Philadelphia 9 Miami 5  
Washington 6 St. Louis 4 (10 innings)  
Arizona 8 Chicago Cubs 2  
San Diego 7 San Francisco 3  
L.A. Dodgers 3 Colorado 0  
**Monday's games — All Times Eastern**  
Atlanta (Maholm 13-10) at Pittsburgh (Locke 0-3), 7:05 p.m.  
Philadelphia (K.Kendrick 10-12) at Washington (Lannan 4-0), 7:05 p.m.  
N.Y. Mets (Familia 0-0) at Miami (Jo.Johnson 8-14), 7:10 p.m.  
Houston (Harrell 10-11) at Chicago Cubs (Berkens 0-2), 8:05 p.m.  
San Diego (Richard 14-13) at Milwaukee (Marcum 6-4), 8:10 p.m.  
Cincinnati (Arroyo 12-9) at St. Louis (J.Garcia 6-7), 8:15 p.m.  
Colorado (D.Pomeranz 2-9) at Arizona (Miley 16-11), 9:40 p.m.  
San Francisco (M.Cain 16-5) at L.A. Dodgers (Harang 10-10), 10:10 p.m.  
**Tuesday's games**  
Atlanta at Pittsburgh, 7:05 p.m.  
Philadelphia at Washington, 7:05 p.m.  
N.Y. Mets at Miami, 7:10 p.m.  
Houston at Chicago Cubs, 8:05 p.m.  
San Diego at Milwaukee, 8:10 p.m.  
Cincinnati at St. Louis, 8:15 p.m.  
Colorado at Arizona, 9:40 p.m.  
San Francisco at L.A. Dodgers, 10:10 p.m.

YANKEES 9, BLUE JAYS 6

SUNDAY AFTERNOON

| New York  | ab         | r          | h          | bi        | Toronto       | ab        | r        | h         | bi       |
|---|------------|------------|------------|-----------|---------------|-----------|----------|-----------|----------|
| Jeter ss  | 5          | 1          | 3          | 1         | Lawrie 3b     | 5         | 2        | 3         | 2        |
| ISuzuki lf  | 4          | 0          | 1          | 1         | RDavis lf     | 5         | 1        | 2         | 0        |
| AlRDag 3b   | 4          | 2          | 2          | 0         | Enomc dh      | 2         | 1        | 0         | 0        |
| Cano 2b   | 5          | 2          | 3          | 1         | Rasmu ph-dh   | 1         | 0        | 0         | 0        |
| Swisher 1b  | 4          | 0          | 1          | 0         | YEscor ss     | 4         | 1        | 2         | 1        |
| Gmdrs cf  | 4          | 1          | 2          | 1         | Lind 1b       | 4         | 0        | 1         | 1        |
| Ibanez lf   | 4          | 0          | 2          | 0         | Sierra rf     | 4         | 0        | 1         | 1        |
| Gardnr pr-ff  | 0          | 1          | 0          | 0         | Arenci c      | 3         | 0        | 0         | 0        |
| Dickesn ph-ff   | 1          | 0          | 0          | 0         | HWrrr 2b      | 4         | 0        | 0         | 0        |
| RMartin c   | 4          | 0          | 0          | 0         | Gose cf       | 3         | 1        | 1         | 0        |
| ErChvez dh  | 2          | 1          | 1          | 1         |               |           |          |           |          |
| ENunez ph-dh  | 2          | 1          | 1          | 1         |               |           |          |           |          |
| <b>Totals</b>   | <b>39</b>  | <b>9</b>   | <b>15</b>  | <b>7</b>  | <b>Totals</b> | <b>35</b> | <b>6</b> | <b>10</b> | <b>5</b> |
| <b>New York</b>   | <b>001</b> | <b>001</b> | <b>322</b> | <b>-9</b> |               |           |          |           |          |
| <b>Toronto</b>  | <b>200</b> | <b>030</b> | <b>001</b> | <b>-6</b> |               |           |          |           |          |
| E—Lawrie (17). DP—New York 1, Toronto 1.<br>LOB—New York 9, Toronto 8. 2B—Jeter (31), Cano 2 (46), YEscobar (22). HR—Er.Chavez (16), Lawrie (11). S—R.Martin. SF—L.Suzuki, E.Nunez, Lind. |            |            |            |           |               |           |          |           |          |
| New York  | IP         | H          | R          | ER        | BB            | SO        |          |           |          |
| P.Hughes  | 4-2-3      | 8          | 5          | 5         | 2             | 4         |          |           |          |
| D.Lowe  | 12-3       | 0          | 0          | 0         | 0             | 0         |          |           |          |
| Logan W,7-2   | 2-3        | 0          | 0          | 0         | 1             | 1         |          |           |          |
| R.Robertson H,30  | 1          | 0          | 0          | 0         | 1             | 2         |          |           |          |
| R.Soriano   | 1          | 2          | 1          | 1         | 1             | 0         |          |           |          |
| <b>Toronto</b>  |            |            |            |           |               |           |          |           |          |
| H.Alvarez   | 6          | 7          | 2          | 2         | 0             | 4         |          |           |          |
| Cecil   | 0          | 1          | 1          | 1         | 0             | 0         |          |           |          |
| Delabar H,11  | 1-3        | 2          | 2          | 2         | 1             | 0         |          |           |          |
| Loup BS,1-1   | 2-3        | 0          | 0          | 0         | 0             | 0         |          |           |          |
| Oliver L,3-4  | 0          | 1          | 2          | 2         | 1             | 0         |          |           |          |
| Lyon  | 1          | 1          | 0          | 0         | 0             | 0         |          |           |          |
| Frasor  | 2-3        | 3          | 2          | 2         | 1             | 1         |          |           |          |
| Beck  | 1-3        | 0          | 0          | 0         | 0             | 0         |          |           |          |
| Cecil pitched to 1 batter in the 7th.<br>Oliver pitched to 2 batters in the 8th.<br>T—3:25. A—31,418 (49,260) at Toronto.   |            |            |            |           |               |           |          |           |          |

TENNIS

ATP THAILAND OPEN

At Bangkok

Singles — Championship

Richard Gasquet (2), France, def. Gilles Simon (4), France, 6-2, 6-1.

Doubles — Championship

Yen-Hsun Lu, Taiwan, and Danai Udomchoke, Thailand, def. Eric Butorac, U.S., and Paul Hanley (4), Australia, 6-3, 6-4.

WTA PAN PACIFIC OPEN

At Tokyo

Singles — Championship

Nadia Petrova (17), Russia, def. Agnieszka Radwanska (3), Poland, 6-0, 1-6, 6-3.

Doubles — Championship

Raquel Kops-Jones and Abigail Spears, U.S., def. Anna-Lena Groenefeld, Germany, and Kveta Peschke (4), Czech Rep., 6-1, 6-4.

Friday's result

Sporting Kansas City 2 Chicago 0

Wednesday's games — All Times Eastern

Philadelphia at Chicago, 8:30 p.m.  
Chivas USA at Vancouver, 10 p.m.

Saturday's games

D.C. United at Toronto FC, 1 p.m.  
Chicago at New York, 3:30 p.m.  
New England at Philadelphia, 7 p.m.  
Montreal at Houston, 8:30 p.m.  
Real Salt Lake at Los Angeles, 9 p.m.  
San Jose at Colorado, 9 p.m.

Sunday, Oct. 7

Sporting Kansas City at Columbus, 4 p.m.  
FC Dallas at Chivas USA, 7 p.m.  
Portland at Seattle FC, 9 p.m.

BLUE JAYS 3, YANKEES 2

SATURDAY AFTERNOON

| New York  | ab         | r          | h          | bi        | Toronto       | ab        | r        | h        | bi       |
|---|------------|------------|------------|-----------|---------------|-----------|----------|----------|----------|
| Jeter dh-ss   | 5          | 1          | 1          | 0         | Lawrie 3b     | 3         | 0        | 0        | 0        |
| ISuzuki lf-ff   | 5          | 1          | 3          | 0         | RDavis lf     | 4         | 1        | 3        | 2        |
| AlRDag 3b   | 3          | 0          | 0          | 0         | Enomc dh      | 4         | 0        | 0        | 0        |
| Cano 2b   | 3          | 0          | 2          | 1         | YEscor ss     | 3         | 1        | 1        | 0        |
| Swisher 1b  | 3          | 0          | 2          | 0         | YGoms 1b      | 2         | 0        | 1        | 0        |
| Gmdrs cf  | 3          | 0          | 0          | 1         | Lind ph-1b    | 0         | 0        | 0        | 0        |
| AnJons rf   | 2          | 0          | 0          | 0         | Sierra rf     | 4         | 0        | 0        | 0        |
| Ibanez ph-ff  | 2          | 0          | 0          | 0         | Mahis c       | 3         | 1        | 1        | 0        |
| Gardnr pr-ff  | 0          | 0          | 0          | 0         | Hdwrr 2b      | 3         | 0        | 1        | 1        |
| ENunez ss   | 3          | 0          | 1          | 0         | Gose cf       | 3         | 0        | 0        | 0        |
| Pettitte p  | 0          | 0          | 0          | 0         |               |           |          |          |          |
| Chmrln p  | 0          | 0          | 0          | 0         |               |           |          |          |          |
| ErChvez ph  | 1          | 0          | 0          | 0         |               |           |          |          |          |
| Epley p   | 0          | 0          | 0          | 0         |               |           |          |          |          |
| Logan p   | 0          | 0          | 0          | 0         |               |           |          |          |          |
| DKRsn p   | 0          | 0          | 0          | 0         |               |           |          |          |          |
| CSwrtt c  | 2          | 0          | 0          | 0         |               |           |          |          |          |
| RMartin ph  | 1          | 0          | 0          | 0         |               |           |          |          |          |
| <b>Totals</b>   | <b>33</b>  | <b>2</b>   | <b>9</b>   | <b>2</b>  | <b>Totals</b> | <b>29</b> | <b>3</b> | <b>7</b> | <b>3</b> |
| <b>New York</b>   | <b>200</b> | <b>000</b> | <b>000</b> | <b>-2</b> |               |           |          |          |          |
| <b>Toronto</b>  | <b>100</b> | <b>011</b> | <b>00x</b> | <b>-3</b> |               |           |          |          |          |
| E—Sh.Hill (1), Y.Gomes (1). DP—New York 1, Toronto 1. LOB—New York 10, Toronto 6. 2B—Mathis (12), Hechavarria (7). HR—R.Davis (8). CS—L.Suzuki (7), Gardner (1). SF—Cano, Granderson. |            |            |            |           |               |           |          |          |          |
| New York  | IP         | H          | R          | ER        | BB            | SO        |          |          |          |
| Pettitte L,5-4  | 5-2-3      | 5          | 3          | 3         | 3             | 4         |          |          |          |
| Chamberlain   | 11-3       | 1          | 0          | 0         | 0             | 3         |          |          |          |
| Epley   | 1-3        | 1          | 0          | 0         | 0             | 0         |          |          |          |
| Logan   | 0          | 0          | 0          | 0         | 1             | 0         |          |          |          |
| D.Robertson   | 2-3        | 0          | 0          | 0         | 0             | 0         |          |          |          |
| <b>Toronto</b>  |            |            |            |           |               |           |          |          |          |
| R.Romero  | 3          | 6          | 2          | 2         | 2             | 3         |          |          |          |
| Sh.Hill W,1-0   | 3          | 0          | 0          | 0         | 2             | 0         |          |          |          |
| Lincoln H,4   | 1-3        | 1          | 0          | 0         | 0             | 1         |          |          |          |
| Loup H,5  | 2-3        | 1          | 0          | 0         | 0             | 0         |          |          |          |
| Delabar H,10  | 1          | 0          | 0          | 0         | 0             | 2         |          |          |          |
| Janssen S,21-24   | 1          | 1          | 0          | 0         | 0             | 1         |          |          |          |
| Logan pitched to 1 batter in the 8th.<br>T—2:54. A—36,139 (49,260) at Toronto.  |            |            |            |           |               |           |          |          |          |

GOLF

RYDER CUP

At Medinah, Ill.

Sunday's Results

EUROPE 14½, U.S. 13½

Singles — Europe 8½, U.S. 3½

Luke Donald, Europe, def. Bubba Watson, U.S., 2 and 1.  
Ian Poulter, Europe, def. Webb Simpson, U.S., 2 up.  
Rory McIlroy, Europe, def. Keegan Bradley, U.S., 2 and 1.  
Justin Rose, Europe, def. Phil Mickelson, U.S., 1 up.  
Paul Lawrie, Europe, def. Brandt Snedeker, U.S., 5 and 3.  
Dustin Johnson, U.S., def. Nicolas Colsaerts, Europe, 3 and 2.  
Zach Johnson, U.S., def. Graeme McDowell, Europe, 2 and 1.  
Sergio Garcia, Europe, def. Jim Furyk, U.S., Europe 1 up.  
Jason Dufner, U.S., def. Peter Hanson, Europe, 2 up.  
Lee Westwood, Europe, def. Matt Kuchar, U.S., 3 and 2.  
Martin Kaymer, Europe, def. Steve Stricker, U.S., 1 up.  
Francesco Molinari, Europe, halved with Tiger Woods, U.S.

WEB.COM CHIUQUITA CLASSIC

At Weddington, N.C.

Par 72

Final Round

Russell Henley, \$99,000 66-65-65-70—266

Morgan Hoffmann, \$48,400 68-67-66-65—266

Patrick Cantlay, \$48,400 69-67-65-65—266

Brad Fritsch, \$26,400 67-64-65-72—268

Robert Streb, \$20,900 69-69-66-67—271

Scott Dunlap, \$20,900 66-71-66-68—271

Russell Knox, \$17,738 68-65-70-70—273

Fernando Melchereffe, \$17,738 69-66-67-71—273

NFL

AMERICAN CONFERENCE

| EAST         |   |   |   |      |     |     |  |  |  |
|--------------|---|---|---|------|-----|-----|--|--|--|
|              | W | L | T | Pct  | PF  | PA  |  |  |  |
| N.Y. Jets    | 2 | 2 | 0 | .500 | 81  | 71  |  |  |  |
| New England  | 2 | 2 | 0 | .500 | 134 | 92  |  |  |  |
| Buffalo      | 2 | 2 | 0 | .500 | 115 | 131 |  |  |  |
| Miami        | 1 | 3 | 0 | .250 | 86  | 90  |  |  |  |
| SOUTH        |   |   |   |      |     |     |  |  |  |
|              | W | L | T | Pct  | PF  | PA  |  |  |  |
| Houston      | 3 | 1 | 0 | .750 | 121 | 56  |  |  |  |
| Indianapolis | 1 | 2 | 0 | .333 | 61  | 83  |  |  |  |
| Jacksonville | 1 | 3 | 0 | .250 | 62  | 97  |  |  |  |
| Tennessee    | 1 | 3 | 0 | .250 | 81  | 151 |  |  |  |
| NORTH        |   |   |   |      |     |     |  |  |  |
|              | W | L | T | Pct  | PF  | PA  |  |  |  |
| Baltimore    | 3 | 1 | 0 | .750 | 121 | 83  |  |  |  |
| Cincinnati   | 3 | 1 | 0 | .750 | 112 | 112 |  |  |  |
| Pittsburgh   | 1 | 2 | 0 | .333 | 77  | 75  |  |  |  |
| Cleveland    | 0 | 4 | 0 | .000 | 73  | 98  |  |  |  |
| WEST         |   |   |   |      |     |     |  |  |  |
|              | W | L | T | Pct  | PF  | PA  |  |  |  |
| San Diego    | 3 | 1 | 0 | .750 | 100 | 84  |  |  |  |
| Denver       | 2 | 2 | 0 | .500 | 114 | 83  |  |  |  |
| Kansas City  | 1 | 3 | 0 | .250 | 88  | 136 |  |  |  |
| Oakland      | 1 | 3 | 0 | .250 | 67  | 125 |  |  |  |

WEEK FOUR

Sunday's results

Houston 38 Tennessee 14

San Diego 37 Kansas City 20

St. Louis 19 Seattle 13

New England 52 Buffalo 28

Minnesota 20 Detroit 13

Atlanta 30 Carolina 28

San Francisco 34 N.Y. Jets 0

Arizona 24 Miami 21, OT

Denver 37 Oakland 6

Cincinnati 27 Jacksonville 10

Green Bay 28 New Orleans 27

Washington 24 Tampa Bay 22

Philadelphia 19 N.Y. Giants 17

Thursday's result

Baltimore 23 Cleveland 16

Monday's Game — All Times Eastern

Chicago at Dallas, 8:30 p.m.

CFL

EAST DIVISION

|          | GP | W | L  | T | PF  | PA  | Pt |
|----------|----|---|----|---|-----|-----|----|
| Montreal | 13 | 8 | 5  | 0 | 360 | 378 | 16 |
| Toronto  | 13 | 7 | 6  | 0 | 317 | 321 | 14 |
| Hamilton | 13 | 5 | 8  | 0 | 401 | 409 | 10 |
| Winnipeg | 13 | 3 | 10 | 0 | 247 | 406 | 6  |

WEST DIVISION

|              | GP | W | L | T | PF  | PA  | Pt |
|--------------|----|---|---|---|-----|-----|----|
| B.C.         | 13 | 9 | 4 | 0 | 338 | 249 | 18 |
| Calgary      | 13 | 8 | 5 | 0 | 376 | 302 | 16 |
| Saskatchewan | 13 | 7 | 6 | 0 | 341 | 280 | 14 |
| Edmonton     | 13 | 5 | 8 | 0 | 279 | 314 | 10 |

WEEK 14

Saturday's results

Saskatchewan 27 B.C. 21

Toronto 29 Winnipeg 10

Friday's results

Calgary 39 Edmonton 15

Hamilton 41 Montreal 28

WEEK 15

Friday, Oct. 5 — All Times Eastern

Hamilton at Edmonton, 9 p.m.

Saturday, Oct. 6

Calgary at B.C., 10 p.m.

Monday, Oct. 8

Winnipeg at Montreal, 1 p.m.

Saskatchewan at Toronto, 4:30 p.m.



## Horoscopes

### Aries

March 21 - April 20

Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

### Taurus

April 21 - May 21

You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

### Gemini

May 22 - June 21

You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

### Cancer

June 22 - July 23

Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

### Leo

July 24 - Aug. 23

You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

### Virgo

Aug. 24 - Sept. 23

You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

### Libra

Sept. 24 - Oct. 23

It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

### Scorpio

Oct. 24 - Nov. 22

Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

### Sagittarius

Nov. 23 - Dec. 21

You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

### Capricorn

Dec. 22 - Jan. 20

You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

### Aquarius

Jan. 21 - Feb. 19

The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

### Pisces

Feb. 20 - March 20

When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

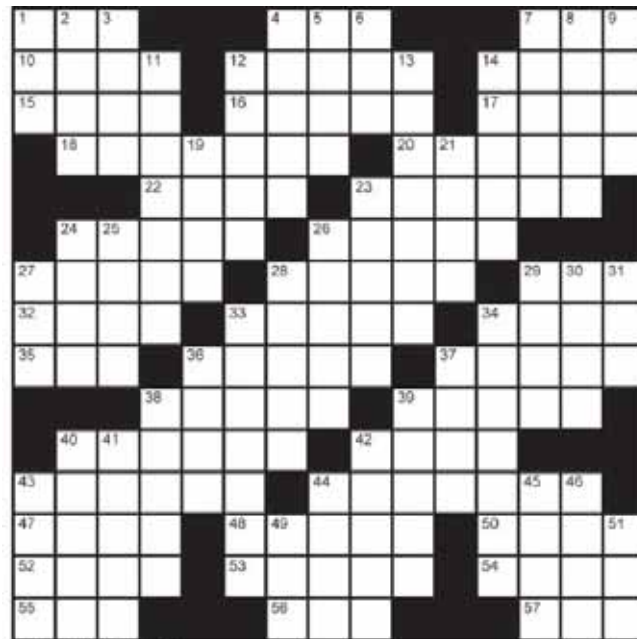
## Start With a Buffalo Springfield Song

### Across

1. "For What \_\_\_ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' A \_\_\_ of Two Cities
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships

### Down

1. Island: Fr.
2. Waterproof canvas, for short
3. \_\_\_: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a \_\_\_
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault \_\_\_ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. Planet of the \_\_\_
31. Married
33. Homo \_\_\_: modern



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humans  
34. Alberta-BC border feature  
36. James \_\_\_: TV's Las Vegas star  
37. "My name is \_\_\_, James ..."  
38. Bygone Russian despots  
39. Uses an old phone  
40. Served in its natural gravy, as roast beef

(2 wds.)  
41. Philatelist's acquisition  
42. Battle wounds  
43. Air Force installation  
44. Hertz rival  
45. Resident of Morocco or Lebanon  
46. "A stitch in time saves \_\_\_"  
49. \_\_\_ loss for words (2 wds.)  
51. Hen's product

## Friday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

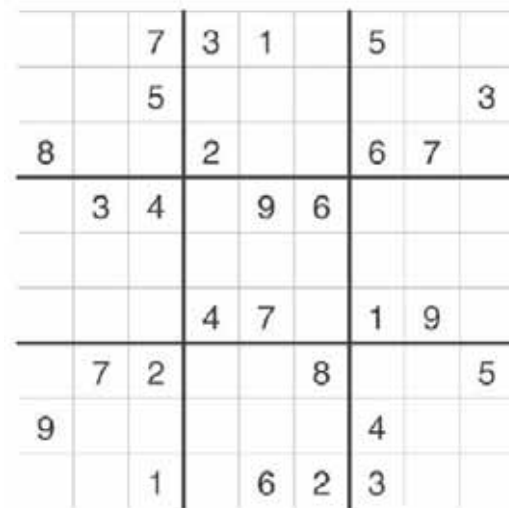
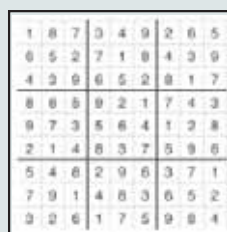


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's Sudoku



## Weather

### TODAY



MAX: 17°  
MIN: 8°

### TUESDAY



MAX: 7°  
MIN: 6°

### WEDNESDAY



MAX: 5°  
MIN: -3°



MICHELE MCDOUGALL  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 5:30 AM



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2009 NISSAN  
ALTIMA 2.5SE

#2GH8533A

**\$14,860**



2009 FORD FLEX  
LIMITED AWD

#2GC7173A

**\$26,860**



2009 JEEP WRANGLER  
UNLIMITED SAHARA

#2R19971A, LIFTED

**\$30,860**



2009 DODGE  
CHALLENGER

#21R7379A

**\$19,860**



2009 FORD MUSTANG  
GT CONVERTIBLE

#2R27061B

**\$22,860**



2010 DODGE VIPER  
VOODOO ACR

#2GH1930A

**\$89,900**



Shawn Alexander



Mike Redmond



2012 GMC  
SIERRA CREW 4X4

#EN3197

**\$29,860**



2004 BMW  
X5 3.0L AWD

#2R16329A, SUNROOF

**\$17,860**



2012 DODGE  
RAM 1500

#2R19973A

**\$20,860**



2006 GMC  
YUKON DENALI

#3DR8144A

**\$22,860**



2010 JEEP GRAND  
CHEROKEE LTD

#2GH1930B

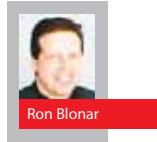
**\$28,860**



2011 DODGE RAM  
1500 LARAMIE CREW

#EN3145A

**\$36,860**



Ron Blonar



Kevin Knoske



2009 GMC SIERRA  
1500 SLE 4X4

#2TJ7078A

**\$16,860**



2008 SUZUKI GRAND  
VITARA J LX

#23C9201A

**\$11,860**



2012 CHRYSLER  
200 TOURING

#EN3235

**\$17,960**



2011 DODGE RAM 2500  
CREW 4X4 SLT

#EN3209

**\$31,860**



2010 FORD  
FOCUS SES

#2R18304A

**\$10,860**



2009 DODGE RAM  
1500 4X4 Q/C

#2R14736A

**\$20,860**



Andrew Stennett



Mark Maguire



2010 HYUNDAI SANTA FE  
SPORT AWD

#3T45153A

**\$24,860**



2007 MITSUBISHI  
ECLIPSE

#2R36784B

**\$12,860**



2007 DODGE RAM 1500  
LARAMIE QUAD CAB 4X4

#2R19624A

**\$21,640**



2011 HONDA  
RIDGELINE EX-L 4X4

#2R15772A

**\$33,860**



2012 FIAT  
500 POP

#1P46601A, LOW KMS.

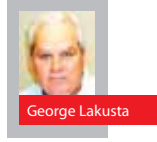
**\$15,860**



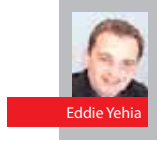
2009 HUMMER  
H3 H3T

#2T47239A

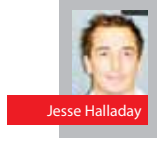
**\$27,860**



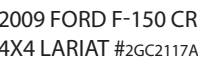
George Lakusta



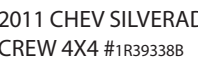
Eddie Yehia



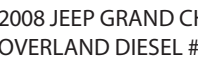
Jesse Halladay



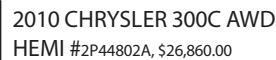
2009 FORD F-150 CREW CAB  
4X4 LARIAT #2GC2117A, \$31,860.00



2011 CHEV SILVERADO LT  
CREW 4X4 #1R39338B



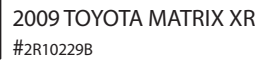
2008 JEEP GRAND CHEROKEE  
OVERLAND DIESEL #2GH7559A



2010 CHRYSLER 300C AWD  
HEMI #2P44802A, \$26,860.00



2009 DODGE SRT4 CALIBER  
#2R24898A



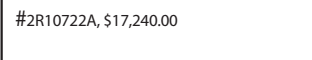
2009 TOYOTA MATRIX XR  
#2R10229B



2011 JEEP WRANGLER  
UNLIMITED SPORT #2R18393A



2010 TOYOTA MATRIX #2FT9355A



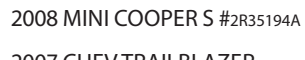
2011 KIA FORTE EX PLATINUM  
#2R10722A, \$17,240.00



2010 HONDA CIVIC COUPE LX  
#2R16891B, \$17,640.00



2009 SUZUKI SX4 HATCHBACK  
AWD #2GH8549C, \$16,860.00



2008 MINI COOPER S #2R35194A



2007 CHEV TRAILBLAZER  
#2GC7002B



Shane Hughes



Willy Cudmore

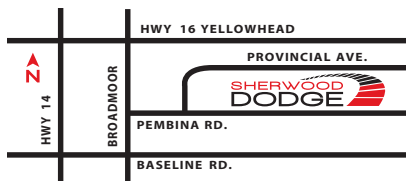


Aaren Schroeder

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Sun. 11am-4pm

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